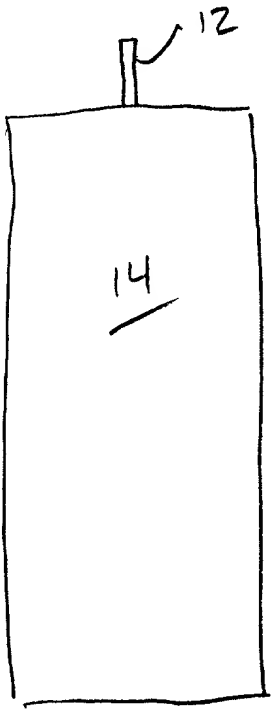


| Variable | Mean | SD | Min | Max |
|---------------------|------|------|-----|------|
| Age | 34.5 | 10.2 | 18 | 65 |
| Gender | 0.5 | 0.5 | 0 | 1 |
| Marital status | 0.6 | 0.5 | 0 | 1 |
| Education | 12.5 | 1.5 | 9 | 16 |
| Income | 1500 | 500 | 500 | 3000 |
| Health status | 0.7 | 0.4 | 0 | 1 |
| Smoking status | 0.3 | 0.5 | 0 | 1 |
| Alcohol consumption | 0.2 | 0.4 | 0 | 1 |
| Exercise frequency | 0.5 | 0.5 | 0 | 1 |
| Stress level | 0.6 | 0.5 | 0 | 1 |
| Sleep quality | 0.7 | 0.4 | 0 | 1 |
| Work satisfaction | 0.6 | 0.5 | 0 | 1 |
| Life satisfaction | 0.7 | 0.4 | 0 | 1 |
| Depression score | 0.3 | 0.5 | 0 | 1 |
| Anxiety score | 0.2 | 0.4 | 0 | 1 |
| Overall well-being | 0.6 | 0.5 | 0 | 1 |



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Fig. 1